

OLDER ADULT PROGRAMS

For more information on older adult programs, call Judy Jones at 751-4135.



FITNESS AND WELLNESS

Senior Tennis

Ongoing and organized for players of all levels aged 55 and older. Meet new tennis partners during weekly play. Previous tennis experience is necessary. Times will vary according to the season.

Rockwood Park, courts 5-9, 3401 Courthouse Road
Mondays, 9-11 a.m. Free

Senior Golf

Designed for golfers of all levels aged 60 and older. Must be able to keep up with four hours of play. Meet new golf partners during weekly play. Limited to the first 52 players who sign up at least one week in advance. Proper golf attire required. Fee is payable onsite and includes golf, a golf cart and prizes.

Providence Golf Course, 1160 S. Providence Road
Wednesdays, April 2-Oct. 29, 8 a.m. Cost to be determined
Details: Bob Bergin, 794-1097, or Dave Flynn, 272-1712

Seniorcise

Stretch, reach and march yourself to a healthier and more fit condition. This upbeat and challenging class is set to music of the 1940s and 50s. Athletic shoes are recommended. Membership is not required. The instructor will be Laura Heidig.

American Family Fitness, 9748 Midlothian Turnpike
(Note: new location, next to Stein Mart)
Mondays and Wednesdays, noon-1 p.m.
June 15-Aug. 19 \$44 Course 18303

WiWalk (When I Was a Little Kid)

Welcome to your new playground where you can re-experience your youth at your own pace. WiWalk is an innovative playground full of recreational and social activities that includes walk-paced sports and games that we played when we were children. Participate in a 90-minute segment of team sports activities. Join us for Chesterfield Parks and Recreation Days.

Shooters Indoors Sportsplex, 6140 Brad McNeer Parkway, Midlothian
Third Wednesday of each month 10 a.m.
\$7 (payable on site)
May 20, June 17, July 15, Aug. 19

Beginner Drawing 📞

This basic drawing class will introduce composition, choosing and using photo resources, cropping, discussion or perspective, picture plane and measuring for accuracy. Students are encouraged to bring in their own photos. The class will be aimed towards the completion of a finished drawing.

LaPrade Library, 9000 Hull Street Road
Monday, 10:30 a.m.-12:30 p.m.
May 18-June 29 (not held May 25) \$60 Course 18305
Register by: May 6

Get in the Know!

This is a monthly program designed for adults aged 55 and older. Learn, explore, recreate and educate. This program is made possible by the cooperative efforts of the Chesterfield County Parks and Recreation Department, Chesterfield County Public Library and Friends of the Chesterfield County Public Library.

LaPrade Library, 9000 Hull Street Road

First Thursday each month, 10:30 a.m.-noon Free

June 4

Edgar Allan Poe's Richmond

We'll explore questions about Poe through discussion with the Poe Museum's director, Katarina Spears. This presentation will feature historic photographs and other images that reveal Richmond as Poe knew it in the early 19th century.

Chester Library, 11800 Centre St.

Third Tuesday each month, 10:30 a.m.-noon Free

May 19

The Bermuda Hundred Campaign

This program will focus on one of the more unique military engagements that took place in the county during the Civil War. Learn about pivotal battles including one south of Richmond near Bermuda Hundred, that extended the war and eventually led to the surrender of Confederate forces in April of 1865.

June 16

Appreciation: A Thing from the Past

Beverly Binns, estate sales director at Martha's Mixture Antiques will present a general overview of collecting and selling antiques in today's marketplace. Participants are welcome to bring in one item for free evaluation.

Midlothian Library, 521 Coalfield Road

Fourth Wednesday each month, 10:30 a.m.-noon Free

May 27

Appreciation: A Thing from the Past

June 24

An Easy Way to Organize Your Vital Documents

Learn how to organize your vital documents for easy, rapid access and avoid the stress of being unprepared.

To have a brochure of older adult programs with a complete detailed listing of activities mailed to you, contact:
Judy Jones, 751-4135 or Catie Horne, 339-2877.

Older Adult Programs at Huguenot Road Baptist Church

10525 W. Huguenot Road

Join adults age 50 and over for a variety of recreational activities. Details: Catie Horne, 339-2877.



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The Chesterfield Traveler

Details: Judy Jones, 751-4135

Hairspray at the Shenandoah Summer Music Theater

The Shenandoah Summer Music Theater, just west of the Blue Ridge Mountains, is the valley's only professional musical theater. In "Hairspray," it's 1962 and Tracy Turnblad has big dreams to dance and become a teen celebrity. The production won eight Tony awards in 2003, including best musical. Before the matinee performance, enjoy a plated lunch at the historic Wayside Inn. Choose from baked Virginia ham, the Inn's famous smothered chicken or grilled salmon panneray. Fee includes transportation, lunch, matinee performance, taxes and gratuities.

Wednesday, June 17 \$106 **Course 17675**

Pick up: Target, Jefferson Davis Highway (facing store-left side), 8:30 a.m.; return at 7:30 p.m.

Pick up: Chippenham Hospital, 9 a.m.; return at 7 p.m.

Register by May 15.

"Evita" at Riverside Dinner Theater

Located near historic Fredericksburg, the Riverside Theater is a multimillion-dollar facility presenting professional Broadway musicals. Winner of 11 Tony awards and considered the finest in the Andrew Lloyd Webber/Tim Rice portfolio of hit musicals, "Evita" follows the life of Argentine political leader Eva Peron, second wife of President Juan Peron. Fee includes transportation, lunch at Riverside Theater, admission to the show, taxes and gratuities.

Wednesday, Aug. 19 \$100 **Course 18328**

Pick up: Target, Jefferson Davis Highway (facing store-left side), 10 a.m.; return at 6 p.m.

Pick up: Chippenham Hospital, 10:30 a.m.; return at 5:30 p.m.

Register by Aug. 5.

Shenandoah's Fall Spectacular

Join us on one of the most popular fall tours of the season. First stop will be at an orchard farm along the scenic back roads of Bedford County. Next, enjoy lunch at Peaks of Otter Lodge for the special Octoberfeast buffet. In the afternoon, enjoy a guided tour through the National D-Day Memorial. Fee includes transportation, lunch at Peaks of Otter Lodge, guided tour of D-Day Memorial, taxes and gratuities.

Tuesday, Oct. 20 \$105 **Course 18330**

Pick up: Target, Jefferson Davis Highway (facing store-left side); 7:30 a.m.; return at 7 p.m.

Pick up: Chippenham Hospital, 8 a.m.; return at 6:30 p.m.

Register by Oct. 6.

Discover Chesterfield – A Walking Club

This walking program is designed to introduce participants to Chesterfield County parks and let them meet new walking partners. Once a month, an organized walk will take place at a different county park, led by Chesterfield County Parks and Recreation Department staff. Organized walks will be scheduled on the first Tuesday of the month. Call to sign up for the club and to receive a detailed schedule.

9 a.m.

Free

Tuesday, May 5

Harry G. Daniel Park at Ironbridge,
6000 Whitepine Road

Tuesday, June 2

Rockwood Park, 3401 Courthouse Road

Tuesday, July 7

Huguenot Park, 10901 Robious Rd.

Tuesday, Aug. 4

Chesterfield County Government Complex
Walking Trail, 9501 Government Center
Parkway (meet at the trail sign behind
Smith-Wagner Building)

Other Senior Organizations

Lifelong Learning Institute in Chesterfield County

To be put on the mailing list or to teach, call 378-2527 or e-mail info@llichesterfield.org

Physical address: 13801 Westfield Road

Mailing address: P.O. Box 1090, Midlothian, VA 23113

Transportation Available - Access Chesterfield

Access Chesterfield, Chesterfield provides transportation services for Chesterfield County residents who are disabled, aged 60 or older, or who meet federal income guidelines.

Details: 279-8489

Chesterfield TRIAD/S.A.L.T. Council of Seniors and Law enforcement Together

Chesterfield TRIAD is a partnership among the Chesterfield Sheriff's Office, Police Department, Fire and EMS, Senior Advocate's office, senior organizations and agencies, and seniors from the community committed to enhancing the quality of life for and reducing crime against senior citizens. Meetings are held the third Thursday of each month at 9 a.m. For more information call Sgt. Lawrence Taylor at 717-6266.

Chesterfield TRIAD Senior Day

Chesterfield TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make their lives safe, active and more enjoyable. This year's theme is No Use for Elder Abuse. Enjoy special entertainment by The Virginians Barbershop Quartet.

Victory Tabernacle, 11700 Genito Road

Wednesday, May 6, 7:30 a.m.-12:45 p.m.

Free

Details: Cathy Lane, 744-2543, or Sgt. Lawrence Taylor, 717-6266

Older Adult Programs at Episcopal Church of Our Savior

4000 Stigall Drive

The Chesterfield County Parks and Recreation Department, in partnership with the **Chesterfield Senior Center**, offers a variety of programs to enhance the well-being of adults 50 and over. Details: Catie Horne, 339-2877 and Chesterfield Senior Center, 767-6295.